WOMEN OF MIDDLE AGE

Need Rich, Red Blood to Maintain Good Health

After passing the age of forty every woman has reason to grow anxious about her health. This time of trial, with its attacks of faintness and fits of depression, its often violent headaches and back pains is rightly dreaded by women; but if reasonable steps are taken to safeguard the health, no serious ill-effects will arise. At this turning point in life Dr. Williams' Pink Pills have given a helping hand to thousands of suffering women who were fighting a hopeless battle against poor health and waning strength.

The very best help for any woman of middle age is the health help given by Dr. Williams' Pink Pills. These pills reinforce the blood supply, enriching and purifying it. In doing this they nourish the starved and overtaxed nerves and give new strength and vitality to the whole system. By this natural process Dr Williams' Pink Pills completely dispel all pains and weakness, and a better, happier condition of health and spirits arises.

Every woman of middle age should take advantage now of the wonderful health-help of Dr. Williams' Pink Pills. They are sold by all medicine dealers or will be sent by mail at 50 cents a box, by The Dr. Williams Medicine Co., Brockville, Ont.

Empire Producing Much Raw Cotton

Industry Will Soon Be Self-Contained Within Limits of British Territory

London—The British Empire now produces 30 per cent. of the world's raw cotton. This statement is made by the Empire Marketing Board in an announcement which it makes regarding the remarkable progress of British cotton growing. It is recalled how for centuries Britain was the home of the manufacture of cotton, while raw cotton all came from overseas, largely from the southern States of America.

The American crop failed during the American Civil War, spreading misery and famine among hundreds of thousands of British cotton workers. Thirty years ago one of the master spinners of Lancashire sent ten tons of cotton seed to British West Africa. The experiment succeeded. More and more of the great open spaces of the Empire are being planted and sown to insure a supply of raw cotton for the spindles and looms of Lancashire.

The supply now comes from East and West Africa, the Sudan, Rhodesia, South Africa, India, Australia and the British West Indies. The Empire's production of the world's raw cotton to-day amounts to between 3,000,000,000 and 4,000,000,000 pounds yearly. So that before long it is predicted that the cotton industry will be self-contained within the Empire.

Greatness

Greatness is to goodness what gravel is to porphyry; the one is a movable accumulation, swept along the surface of the earth; the other stands fixed, and alone, above the violence of war and of the tempest; above all that is residuous of a wasted world. Little men build up great ones; but the snow colussus soon melts; the good stand under the eye of God; and therefore stand.

Head, Hand and Heart

We have trusted too much to the head and hand and have not functioned enough through the heart. Men who succeeed in any line must get head, hand, and heart to function together.—Clarnece Howard.

The mule he has two feet behind,
And two he has before;
We have to stand behind to find
What the two behind be for.

Red Rose Orange Pekoe has earned the patronage and good will of more tea drinkers than any other high-quality tea in Canada. Judges of good tea gladly give more for Red Rose Orange Pekoe because they know that the value they receive is worth many times the few extra cents they pay. 1-E

FINANCIAL NEWS

Out in Rain Without Umbrella

It was estimated early this week that the short interest in Wall Street in Nickel must amount to at least 100,000 shares. With the market weak for a brief period, it would seem as though the shorts had increased rather than drawn in their lines, as there was not much opportunity for them to cover at yesterday's low levels. If this is the case their position is unenviable, to say the least, for the situation is that the stock which they have sold short is being called for deposit immediately. It does not appear likely that anyone who had had enough confidence in Nickel to stay with it through the somewhat stormy going that has obtained recently, will hold up their deposits of stock to accommodate those who have sold it short and done their best to destroy confiednce in the company itself, and all the factors that have gone to inspire confidence in the stock. Shareholders will immediately start depositing their stock, and it looks as though the short would have to stand some calling for orrowed stock. They will either have to buy in their lines or for the next few days will be scmewhat slim, although, of course, the shorts can make adjustments with the certificates of deposit. The fact that London is a heavy buyer of the new stock at 33, indicating a value of nearly 200 for the present stock, naturally cannot offer much consolation for those who find themselves short. All in all, it is a very interesting situation, and appearances are that "those Canadians" have scored again

Toronto Bank Clearings

The bank clearings in the city of Toronto for the week ending Nov. 1, 1928, amounted to $223,766,194. An increase of 55,935,973 over the corresponding period last year, and an increase of $39,737,684, as compared with the previous week of this year:

Week.	1927	1928
Oct. 19th	$139,490,979	$166,201,597
Oct. 26th	128,651,216	184,028,510
Nov. 1st	167,830,221	223,766,194

Toronto Monthly Bank Clearings

The bank clearings of the city of Toronto for the month of Octoer ending Oct. 31, 1928, amounted to $754,220,119. An increase of $130,085,902 over the corresponding period last and an increase of $200,231,103, as compared with the previous month this year.

Month.	1927	1928
August	$457,351,114	$564,142,481
September	560,763,207	553,989,016
Octoer	624,134,217	754,220,119

Mining Briefs

A despatch from Rouyn states that the "H" ore ody at Noranda has eeen opened up for 75 feet on the 500-foot level, and that this has een drilled into for an additional 325 feet, showing massive high grade sulphide ore for the combined distance—400 feet. It is also stated that engineers estimate that this recent development work will add approximately $40,000,000 to ore reserves.

The scene of the latest find is reported to be Duparquet Township, Quebec, where Jack Cochglan is said to have discovered an important copper-gold deposit for the Duguis Syndicate. It is stated that engineers of the Bunker Hill Extension Mines are examining the showing with a possible view to acquistion. The discovery is said to run about 6 per cent. copper, with substantial gold values, over a width of about 9 feet. It is located aout 30 miles north of Noranda.

Further news on Noranda is to the effect that excellent results are being obtained at the concentrator with concentrates running 22 per cent. copper. The new reverberatory furnace, it is said, will be finished in three weeks.

Character

I call education not that which smothers a woman with accomplishments but that which tends to consolidate a firm and regular system of characters—that which tends to form a friend,—a companion and a wife.—Hannah More.

A Friend

The most I can do for my friend is simply to be his friend I have no wealth to bestow upon him. If he knows that I am happy in loving him, he will want no other reward. Is not friendship divine in this?—Henry David Thoreau.

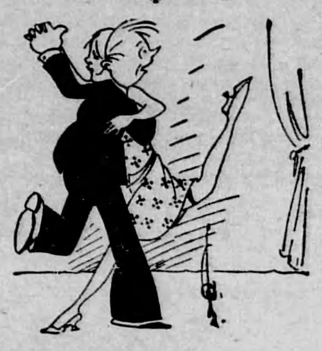
New Attraction for the Autoist

LETS SUN SHINE IN WHILE ON THE OPEN ROAD

A new automobile device at the Olympia show enables the top of a car to be opened with a turn of a handle. It may be put back in its place equally as easily by reversing the lever on the side of the driver's seat.

The Australian Treaty

Manitoba Free Press (Lib.): (A delegation from British Columbia is urging the Government to ask Australia for further tariff concessions.) Propositions made by Canada to Australia looking to enlarged opportunities for the sale of Canadian products in the Commonwealth will be met by inquiries as to what Canada has to offer in return. Great Britain, which now has a preferred tariff position in Australia, takes the great bulk of Australia's exports, and the favorable treatment given British goods is a tangible sign of appreciation of that fact Canada has not been very successful in giving Australia special consideration in return for partial preferences given to Canadian goods under the Australian treaty. The balance of trade is in our favor, something like three to noe.



"So Tom is mixed up in one of those triangles, eh?"

"Gosh, no! It's a hectagon in his case."

LAXATIVE FOR BABY THAT "STAYS DOWN"

Baby's tiny system rebels against castor oil and strong purgatives; but here's a medicine that just suits him. And it does the work quickly and so gently that Baby doesn't feel it. Fletcher's Castoria is soothing cross, fretful babies and children to sleep and making the feverish, constipated, upset ones well and happy, in millions of homes to-day. Castoria is purely-vegetable, harmless and endorsed by the medical profession Avoid imitations. The Chas. H. Fletcher signature marks genuine Castoria.

Andrew Fisher Passes on

London.—Andrew Fisher, former Prime Minister of Australia, has passed on. Mr. Fisher served as Prime Minister from 1908 to 1909, from 1910 to 1913 and from 1914 to 1915. He was Australian High Commissioner in England from 1916 to 1921.

Four Things

Four things come not back;
The spoken word,
The sped arrow,
Time past,
The neglected opportunity.
—Old Saying.

THOUSANDS OF MOTHERS USE NO OTHER MEDICINE

Baby's Own Tablets Are the Ideal Remedy for Babies and Young Children

Canadian mothers are noted for the care they give their little ones—the health of the baby is most jealously guarded and the mother is always on the lookout for a remedy which is efficient and at the same time absolutely safe. Thousands of mothers have found such a remedy in Baby's Own Tablets and many of them use nothing else for the ailments of their little ones. Among them is Mrs. Howard King, of Truro, N.S., who says:—"I can strongly recommend Baby's Own Talets to mothers of young children as I know of nothing to equal them for little ones."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont

A Point of Call Now

Lonely Islanders of Tristan da Cunha Find Visits from Liners Increasing

London.—It would seem that a new chapter has been opened up for the lonely islanders of Tristan da Cunha by the voluntary visits of big liners in their passage across the South Atlantic on world tours.

In 1926 the Royal Mail steamer Orca called, but it was too rough to land. In 1927 the Asturias paid a visit which was a great success; the weather was ideal, a large amount of stores was landed and 30 of the islanders visited the largest ship which had ever called at the island. A few weeks later the Suveric called and landed over 40 tons of stores.

In 1928 the Canadian Pacific liner Empress of France called and the visit marked a red-letter day for the women and children of Tristan for they were received as guests and feted. Quickly following this visit came another by the Harrison liner Author, which landed stores.

There is a problem now of the surplus population of the island. Ships that call on their way from South Africa always go on to South America so that the necessity is for a ship that goes to and fro. Two schemes are being considered; one is that a suitable vessel, manned as far as possible by islanders, should be purchased and should be worked under charter when not required for trips to the island. The other is for a vessel of a Cape steamship line to make a yearly visit to the island and back. The older inhabitants cling to Tristan, but some of the younger ones might be induced to launch out and settle at the Cape. The Cape Government has undertaken an inspection of the land near Walfish Bay with a view to such a settlement.

Tristan da Cunha has the distinction of owning a new bird hitherto unknown to naturalists. This is the flightless rail or "Atlantisia Rogersi" to give it its full title.

Minard's Liniment for Backache.

Strength

The strength of your life is measured by the strength of your will is just the strength of the wish that lies behind it. And the strength of your wish depends upon the sincerity and earnestness and tenacy with which you fix your attention upon the things which are really great and worthy to be loved.—Henry van Dyke.

"I say, waiter, there's a fly in my soup." "Surely not, sir, maybe it's one of those vitamine bees you read so much about."

ISSUE No. 45—'28

RED ROSE TEA "is good tea"

If you want the very best, ask for Red Rose Orange Pekoe

In clean, bright Aluminum

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Feeding Trees

By C. F. GREEVES-CARPENTER, F.R.H.S

Why should shade trees be expected to thrive on insufficient food? Yet there are thousands of tree owners who do not realize that the trees under their care need special help because of exigencies of city life.

In woods and forests there is a constant yearly feeding of trees by natural processes. The process by which she feeds the trees is almost miraculous, for a forest is like a gigantic chemical laboratory. The leaves of the trees absorb a certain amount of nourishment from the air, but it is from the soil that the trees obtain their maximum amount of food, and in woodlands the falling leaves remain on the ground and are acted upon by the elements until they decay and form humus or natural plant food.

Under the artificial conditions in which the trees on lawns attempt to thrive, they are deprived of this refunding of food as the lawns are usually kept nicely swept, and, as a result, the soil becomes impoverished. Then, gradually, trees under such conditions are weakened, are attacked by insects and fungi, and decay sets in In this way many a stately tree has been lost.

How Can We Feed Them?

How are trees artificially fed? To answer this question we need consider how a tree is formed. It has a trunk and foliage we know, and it has roots, too, but just how does it feed, we wonder? The branches spread from the trunk for a certain distance and the roots spread approximately the same distance in the ground. At the ends of the long roots there are a number of fine thread-like feeding rootlets which take up the nourishment in the form of liquid salts, and this is transported throughout the whole system by the sap in the tree.

Trees seek certain chemicals, for that is their food, and these can be given in the form of a commercial fertilizer which, with the action of moisture, releases just what the tree requires.

Bore 18-Inch Holes

For feeding deciduous trees, a standard commercial tree food should be purchased from a seed store, and a number of holes 18 inches deep and two feet apart should be bored under the extremities of the branch spread. Each hole should then be filled to within about four inches and the hole plugged with soil. Then, after fertilizing, the land should be watered, turning the hose on it and leaving it until the land is almost sodden—about eight to 10 hours.

Deciduous trees fed every second or third year will well repay the extra care and attention and be far healthier than those which are not provided with food.

Break Colds with Minard's Liniment.

An Emperor's Prayer

Into my Father's room, and through the courts
Below, for ever seeking, I will pass,
To brush the skirts of inspiration
And touch the sleeves of memory.
O great and gracious Father, hear and condescend
To guard, to cherish, to enlighten me.
— Confucius. (The Prayer of the Emperor Ching.)

Comrades

It is my joy in life to find,
At every turning of the road,
The strong arm of a comrade kind
To help me onward with my load.
And since I have no gold to give,
And love alone must make amends,
My only prayer is, while I live;
God make me worthy of my friends!

Classified Advertisements

RUG YARN

$1.15 PER POUND UP. TWENTY-one samples free. Stocking & Yarn Mills, Dept. 1, Orillia, Ont.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars.—National Manufacturing Co., Montreal.

GRATIS. (LITTLE FRIEND TO either sex) mailed in plain envelope. Paris Specialty Co., Casier 2423, Montreal, Que.

ASK YOUR LOCAL DEALER FOR
Canadian Artist's Series Christmas Cards
Beautiful Hand-Coloured Christmas Cards designed by Canada's Leading Artists. Twelve especially attractive Cards with charming and appropriate sentiments may be purchased at a considerable saving in boxed assortments at 50c, $1.00, and $1.50.
Published by
ROUS & MANN, LIMITED
172 SIMCOE ST., TORONTO

A Test

The first test of a truly great man is his humility. All great men not only know their business, but usually know that they know it, and are not only right in their main opinions but usually know that they were right in them; only they do not think much of themselves on that account and they see something divine in every other man.—Ruskin.

Example

Most of my actions are guided by example, not by choice.—Montaigne.

CANCER FREE BOOK Sent on Request

Tells cause of cancer and what to do for pain, bleeding, odor, etc. Write for it to-day, mentioning this paper. Address Indianapolis Cancer Hospital, Indianapolis, Ind.

Check Colds

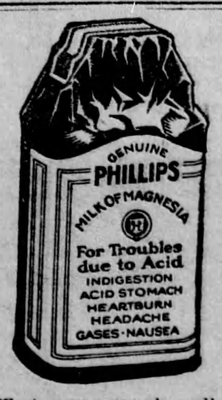
At the slightest warning of a cold, rub your chest and throat with Minard's.

MINARD'S "KING OF PAIN" LINIMENT

"PINKHAM'S COMPOUND IS WONDERFUL"

Read This Letter from a Grateful Woman

Vanessa, Ont.—"I think Lydia E. Pinkham's Vegetable Compound is wonderful. I have had six children of which four are living and my youngest is a bonnie baby boy now eight months old who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did."—MRS. MILTON MCMULLEN, Vanessa, Ontario.



When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali which neutralizes acids instanly. And the best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go get a small bottle to try.

Be sure to get the genuine Phillips' Milk of Magnesia described by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

VENO'S LIGHTNING COUGH SYRUP

Invaluable for

NIGHT COUGHS
BRONCHITIS
ASTHMA

FAMILY SIZE 75¢
TRIAL SIZE 35¢
PER BOTTLE

Children Love VENO'S Syrup

V-1